Claims.

1. The method of forming a winch adapted to be supported on a track having a longitudinal axis, a base, and a pair of spaced longitudinally extending hooks depending from the base in a common direction each having a flange spaced from the base wherein the winch is slidably mounted on the track hook flanges comprising the steps of:

(a) forming a flat elongated plate blank having a longitudinal axis, first and second spaced lateral sides, end regions and a central region, a pair of spaced notches defined in said blank first lateral side wherein said first lateral side defines a first lip intermediate said notches, an elongated slot defined in said blank central region substantially parallel to said longitudinal axis and spaced between said lateral sides, said slot including a central portion of reduced width and end region openings of greater width than said slot central portion, said openings including recesses extending away from said first lateral side wherein a second lip is defined on said central region by said slot intermediate said openings extending toward said first slot, said openings being spaced from each other a distance equal to the spacing of said notches wherein pairs of said notches and openings are laterally aligned,

(b) bending said blank end regions in a common direction with respect to said central region through laterally aligned notches and openings whereby said bent end regions define spaced walls and said central region defines a winch base

interconnecting said walls, portions of said notches and openings being defined on said walls providing access to the associated lips in the direction of said blank longitudinal axis wherein said lips ~~may~~ are adapted to be received upon the track flanges between the flanges and the track base slidably interconnecting said winch base and walls to the track, and

(c) mounting a rotatable windlass upon said walls.

2. The method of forming a winch as in claim 1 ~~wherein the~~ forming of the plate blank, notches, slot and openings is simultaneous.

3. The method of forming a winch as in claim 2, including the step of forming circular windlass receiving holes in said blank end regions for receiving a rotatable windlass.

4. A winch adapted to be supported upon a track having spaced parallel hooks each having a flange wherein the winch includes a frame having a flat base and spaced walls extending therefrom, the base having first and second lateral sides and said walls being substantially perpendicular to and intersecting the base at corners, and a windlass rotatably mounted upon and extending between the walls, the improvement comprising openings formed in the frame forming lips homogeneously defined on the frame base of the material thereof adapted to receive the track flanges, and openings defined in the walls at the corners thereof whereby the track flanges ~~may~~ are adapted to extend therethrough permitting said lips and winch frame to be slidably mounted on the track.

5. In a winch as in claim 4 wherein said lips comprise first and second spaced parallel lips defined on the frame base, said lips having ends, said openings defined in the wall at the corners being in alignment with said lip ends and the extended longitudinal projection of said lips.

6. In a winch as in claim 5 wherein said first lip is defined by the first lateral side of the base, a slot defined in the base intermediate the base sides, said slot defining said second lip.

7. In a winch as in claim 6, notches defined in the base first lateral side and the wall corners adjacent the base first lateral side, said notches defining said openings in alignment with said first lip.